

TURKEY RISSOLES

Makes 14 good size rissoles

INGREDIENTS

1Kg Turkey Mince

1 Diced Onion

1 Grated Carrot

2 Eggs

$\frac{3}{4}$ cup bread crumbs

$\frac{1}{2}$ cup Deb Mash Potato flakes

3tsp Mild Curry Powder

$\frac{1}{2}$ tsp Ground Coriander

$\frac{1}{2}$ tsp Turmeric

$\frac{1}{2}$ tsp Ground Cumin

$\frac{1}{3}$ tsp Garam Masala

Pepper

Olive Oil

METHOD

1. Place all ingredients into a large bowl and thoroughly mix using hands
2. Form into desired size round meat patties
3. Place extra Deb Mash Potato Flakes onto a plate and thoroughly roll/coat the individual patties.
4. Fry in a well-oiled pan, adding extra oil if required.
5. Serve with mash potato, gravy and veggies.

SHOPPING LIST

1kg Turkey mince

1 onion

1 carrot

Eggs

Bread crumbs

Deb Mash Potato flakes

Curry powder

Ground coriander

Turmeric

Ground cumin

Garam Masala

Pepper

Olive Oil